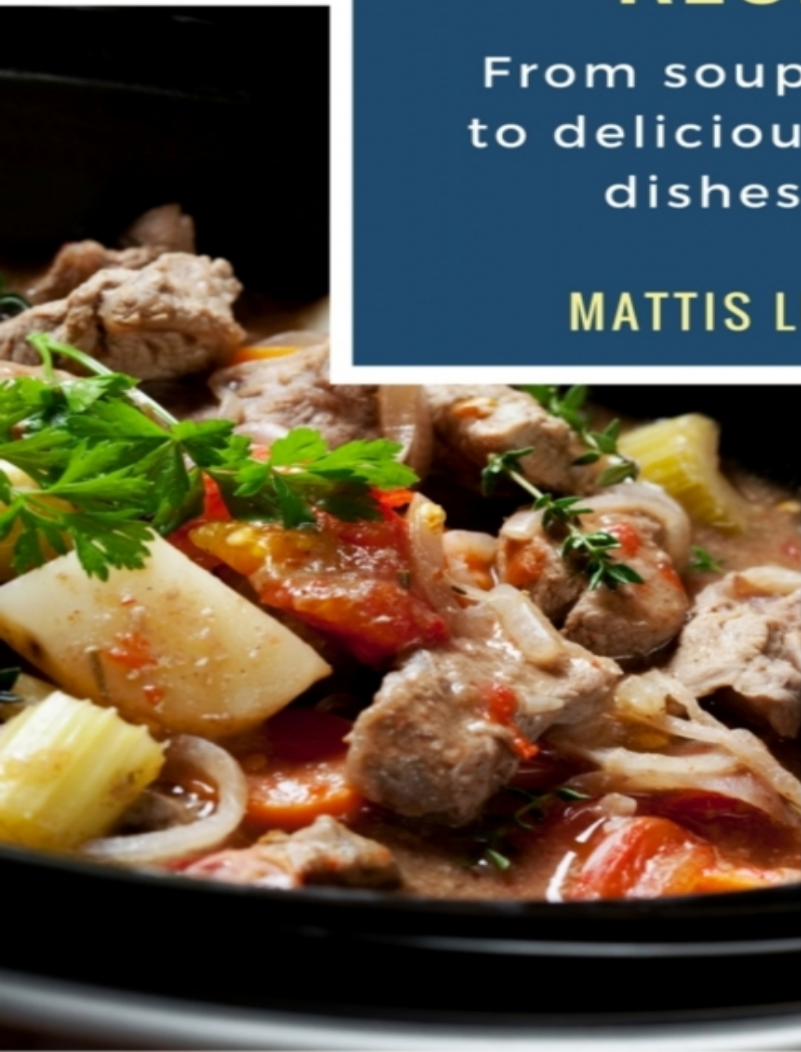




25 SLOW COOKER RECIPES

From soups and stews
to delicious vegetarian
dishes - part 2

MATTIS LUNDQVIST

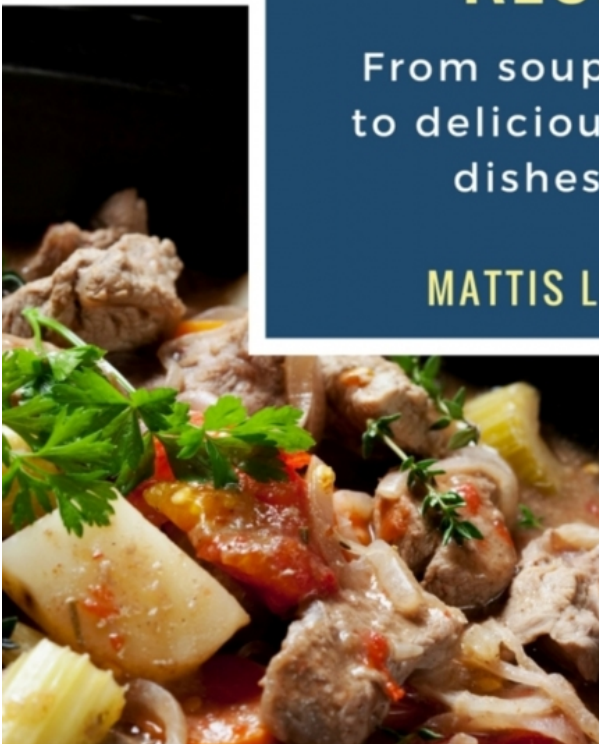




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Mexican Spaghetti and Sauce

Ingredients:

- 150g of chopped onion
- 1 tablespoon of olive oil
- 900g of meatless spaghetti sauce
- 1 can/200g of black beans
- 200g of diced tomatoes
- 175g of corn
- 70g cup of salsa
- 120g of green chilies
- 1 tablespoon of chili powder
- $\frac{1}{4}$ teaspoon of pepper
- 1 box/130g of spaghetti

Method:

1. Chop the onion up and cook in a skillet with the oil until they are clear

2. In a large saucepan combine everything else together and stir well

3. Cook on a simmer for about 20 minutes

4. Serve sauce over spaghetti noodles and enjoy

Nutritional Information:

Calories: 216.3 kcal, Fats: 4.8 grams, Carbohydrates: 36.1 grams, Protein: 9.0 grams

Chicken Soup

Ingredients:

- 3-4 chicken breasts
- 8 cloves fresh garlic, chopped
- Low salt and freshly ground pepper, to taste
- 200g cabbage (thinly shredded)
- 1 green bell pepper (deseeded, diced)
- 1 yellow summer squash (diced)
- 2 zucchini squash, cut up
- 6 to 8 baby potatoes cut up
- 1x 120g can chopped green chillies
- 1 tsp sage
- 1 tsp each of: dried basil, oregano, and parsley
- 1x 420g can diced tomatoes
- 600ml chicken broth, as needed
- A dash or two of balsamic vinegar to taste
- Olive oil, as needed

Method:

1. Drizzle some olive oil into a slow cooker and lay the chicken breasts in it, with half the chopped garlic. Season a little with sea salt and pepper.

2. In a bowl, combine the bell pepper, shredded cabbage, zucchini squashes, potatoes, and green chilies, tossing them with another drizzle of olive oil. Season the mixture with sea salt, black pepper, herbs and toss to coat.

3. Pour the veggie mix into the slow cooker in an even layer. Add in the tomatoes, chicken broth, and a small dash of balsamic vinegar, to taste.

4. The liquid content should just about cover the veggies in the pot. If you like, you can add more broth to get better consistency of a soup.

5. Cover the pot and let it cook for up to 5 to 6 hours, or until the chicken is tender and easily breaks apart into pieces.

Nutritional Information:

Calories: 277 kcal; Fats: 8.9g; Carbohydrates: 13.6g;
Protein: 35.0g

Slow Cooked Macaroni with Cheese

Ingredients:

- 2 eggs
- 400ml of milk
- 360g of evaporated milk
- 250g of elbow macaroni
- 400g of shredded cheddar cheese
- 1 teaspoon of salt
- ½ teaspoon of pepper

Method:

- 1.Combine everything into the slow cooker and stir well
- 2.Cook on low for about five hours and stir every so often
- 3.Serve and enjoy

Nutritional Information:

Calories: 592 kcal, Fats: 33.5 grams, Carbohydrates: 39.5 grams, Protein: 32.6 grams

Turkey Stew with Green Chilies

Ingredients:

- 240g butternut squash (peeled and diced)
- 500g ground turkey
- 1 large potatoe (optional & diced)
- 3 medium carrots (peeled and chopped)
- 1 onion (diced)
- 4 cloves garlic (minced)
- 1 tsp cumin
- 1 tsp chili powder
- 150g roasted chopped green chili
- 1liter chicken stock
- Low salt and black pepper to taste

For serving:

- Juice from 1 lime
- 2-3 tbsp chopped cilantro
- 1-2 tsp agave nectar, as needed

Method:

1.Firstly, brown the ground pork in a skillet and take out the excess fat, if any.

2.Now add the pork to the slow cooker with the remaining ingredients up to sea salt and black pepper. Stir well to combine.

3.Cover and cook until the pork is done.

4.About 20 minutes before serving, stir in the lime juice and cilantro. Add some sweetener, if needed, to balance out the spice and if you need a little more liquid, add more broth to it and heat through.

Nutritional information:

Calories: 423 kcal; Fats: 13.5g; Carbohydrates: 44.7g;
Protein: 36.3g

Refried Beans

Ingredients:

- 1 onion, chopped
- 600g of pinto beans
- 50g of chopped jalapeno pepper
- 2 tablespoons of minced garlic
- 5 teaspoons of salt
- $\frac{3}{4}$ teaspoons of pepper
- $\frac{1}{8}$ teaspoon of cumin
- 1700ml of water

Method:

1. Chop up the onion and place in the slow cooker with everything else

2. Cook on high for about five hours

3. Once the beans are cooked, strain them and mash them

4. Serve and enjoy

Nutritional Information:

Calories: 139 kcal, Fats: 0.5 grams, Carbohydrates: 25.4 grams, Protein: 8.5 grams

Vegetable and Cheese Soup

Ingredients:

- 730g of creamed corn
- 220g of potatoes, peeled and cubed
- 50g of carrots, chopped
- ½ onion, chopped
- 1 teaspoon of celery seed
- ½ teaspoon of pepper
- 1500ml of vegetable broth
- 600g of cheese sauce

Method:

1. Peel and chop everything then place in the slow cooker
2. Stir well and cook on medium heat for about five hours
3. Serve and enjoy

Nutritional Information:

Calories: 316 kcal, Fats: 16.5 grams, Carbohydrates: 32.1 grams, Protein: 11.9 grams

Vegetable and Black Bean Soup

Ingredients:

- 500g of black beans
- 1500ml of water
- 1 carrot, chopped
- 1 stalk of celery, chopped
- 1 red onion, chopped
- 6 cloves of garlic, crushed
- 2 green bell peppers, chopped
- 2 jalapeno peppers, chopped
- 50g of lentils
- 4 diced tomatoes
- 2 tablespoons of chili powder
- 2 teaspoons of ground cumin
- ½ teaspoon of oregano
- ½ teaspoon of pepper
- 1 tablespoon of salt
- 100g of white rice

Method:

1. Chop and mince everything and then mix it all together in the slow cooker

2. Place on high heat and cook for about three hours

3. Serve and enjoy

Nutritional Information:

Calories: 231 kcal, Fats: 1.2 grams, Carbohydrates: 43.4 grams, Protein: 12.6 grams

Pasta with Homemade Tomato Sauce

Ingredients:

- 10 plum tomatoes, peeled and crushed
- ½ of an onion, chopped
- 1 teaspoon of garlic, minced
- 60ml of olive oil
- 1 teaspoon of oregano
- 1 teaspoon of basil
- 1 teaspoon of cayenne pepper
- 1 teaspoon of salt
- 1 teaspoon of pepper
- 1 pinch of cinnamon
- 1 box/150g of bowtie pasta

Method:

1. Peel and crush the tomatoes, mince the garlic and chop the onion

2. Place everything in the slow cooker and stir well

3. Cook on high for about four hours or so

4. Serve and enjoy

Nutritional Information:

Calories: 105 kcal, Fats: 9.3 grams, Carbohydrates: 5.5 grams, Protein: 1.2 grams

Delicious Rice Casserole

Ingredients:

- 2 onions, chopped
- 3 stalks of celery, sliced
- 1kg of mixed rice
- 600ml of water
- 1 can/200ml of mushroom soup
- 130g of butter
- 230g of shredded American cheese
- 35g of mushrooms, sliced

Method:

1.Chop everything up that needs to get cut and place in the slow cooker

2.Add everything else but the cheese in the slow cooker

3.Cook on high for about four hours

4.Serve and enjoy with the shredded cheese on top

Nutritional Information:

Calories: 408 kcal, Fats: 23 grams, Carbohydrates: 39.5 grams, Protein: 11.6 grams

Potato Soup Slow Cooker Style

Ingredients:

- 1 onion, chopped
- 1liter of chicken broth
- 500ml of water
- 5 potatoes, diced
- ½ teaspoon of salt
- ½ teaspoon of dill weed
- ½ teaspoon of pepper
- 60g of all-purpose flour
- 400g of half and half cream
- 360ml of evaporated milk

Method:

1.Chop and dice everything that needs to get cut and combine all of the ingredients into the slow cooker

2.Cook on high heat for about three and a half hours

3.Serve and enjoy, try with some sour cream and some shredded cheese on top

Nutritional Information:

Calories: 553 kcal, Fats: 19.3 grams, Carbohydrates: 74.2 grams, Protein: 22 grams

Split Pea Soup

Ingredients:

- 500g of split peas
- 1 onion, chopped
- 3 carrots, chopped
- 3 stalks of celery, chopped
- 2 cloves of garlic, minced
- 1/8 teaspoon of pepper
- 1 pinch of red pepper flakes
- 2liter of chicken broth

Method:

1.Chop everything up that needs to get cut and place all of the ingredients into the slow cooker

2.Cook on high heat for about five hours, stirring every so often

3.Serve and enjoy

Nutritional Information:

Calories: 273 kcal, Fats: 3.4 grams, Carbohydrates: 44 grams, Protein: 17.7 grams

Onion Soup

Ingredients:

- 6 tablespoons of butter
- 4 onions, sliced
- 2 cloves of garlic, minced
- 130ml of cooking sherry
- 1700ml of vegetable broth
- 1 teaspoon of salt
- $\frac{1}{4}$ teaspoon of thyme
- 1 bay leaf
- 8 slices of French bread
- 50g of shredded parmesan cheese
- 40g of shredded Colby jack cheese
- 30g of cheddar cheese
- 2 tablespoons of mozzarella cheese

Method:

1. Chop everything up that needs to be cut and place in the slow cooker

2. Add in everything else but the cheese and the bread

3. Broil the bread in the oven for about three months

4. Place the slow cooker on high heat and cook for five hours

5. Serve and enjoy with some of the bread and the cheese on top

Nutritional Information:

Calories: 250 kcal, Fats: 14.7 grams, Carbohydrates: 17.5 grams, Protein: 11 grams

Zucchini Soup

Ingredients:

- 200g of chopped celery
- 1kg of zucchini, sliced
- 6 tomatoes, diced
- 2 green bell peppers, sliced
- 150g of chopped onion
- 2 teaspoons of salt
- 1 teaspoon of oregano
- 1 teaspoon of Italian seasoning
- 1 teaspoon of basil
- $\frac{1}{4}$ teaspoon of garlic powder
- 6 tablespoons of shredded parmesan cheese

Method:

1. Chop up everything that needs to get cut up and place in the slow cooker except for the cheese

2. Stir well and put on high heat

3. Cook for about three and a half hours

4. Serve and enjoy with some of the shredded cheese on top

Nutritional Information:

Calories: 389 kcal, Fats: 23.6 grams, Carbohydrates: 25.8 grams, Protein: 21.8 grams

Lentil Soup

Ingredients:

- 400g of brown lentils
- 750ml of chicken broth
- 1 bay leaf
- 50g of carrots, chopped
- 100g of celery, chopped
- 150g of onion, chopped
- 1 teaspoon of Worcestershire sauce
- $\frac{1}{2}$ teaspoon of garlic powder
- $\frac{1}{4}$ teaspoon of nutmeg
- 5 drops of hot sauce
- $\frac{1}{4}$ teaspoon of caraway seed
- $\frac{1}{2}$ teaspoon of celery salt
- 1 tablespoon of parsley
- $\frac{1}{2}$ teaspoon of pepper

Method:

1. Cut up everything that needs to get cut up
2. Place in the slow cooker and cook on high for about five hours
3. Remove the bay leaf
4. Serve and enjoy

Nutritional Information:

Calories: 221 kcal, Fats: 2.3 grams, Carbohydrates: 34.2 grams, Protein: 16 grams

Taco Soup

Ingredients:

- 1 onion, chopped
- 1 can of chili beans
- 1 can of kidney beans
- 1 can of corn
- 1 can of tomato sauce
- 500ml of water
- 6 tomatoes, diced
- 2 green chili peppers
- 3 tablespoons of taco seasoning mix

Method:

1. Cut up everything that needs to be diced
2. Place in the slow cooker and stir well
3. Cook on high for about three and a half hours
4. Serve and enjoy, try with some sour cream and shredded cheese on top

Nutritional Information:

Calories: 362 kcal, Fats: 16.3 grams, Carbohydrates: 37.8 grams, Protein: 18.2 grams

Cabbage Soup

Ingredients:

- 2 tablespoons of vegetable oil
- 1 onion, chopped
- 500g of cabbage, chopped
- 2 cans/400g of red kidney beans
- 500ml of water
- 1200ml of tomato sauce
- 4 tablespoons of seasoned salt
- 1 ½ teaspoons of cumin
- 1 teaspoon of salt
- 1 teaspoon of pepper

Method:

1. Chop the cabbage and the onion up
2. Place in slow cooker with everything else
3. Cook on high for four hours
4. Serve and enjoy

Nutritional Information:

Calories: 211 kcal, Fats: 8.7 grams, Carbohydrates: 20.3 grams, Protein: 14.1 grams

Corn Chowder

Ingredients:

- 5 potatoes, peeled and cubed
- 2 onions, chopped
- 3 stalks of celery, chopped
- 1 can/200g of whole kernel corn
- 2 tablespoons of butter
- ½ teaspoon of salt
- ½ teaspoon of pepper
- 2 tablespoons of seasoned salt
- 1 can/200ml of evaporated milk

Method:

1. Peel and cube the potatoes
2. Chop the onions and the celery
3. Combine everything in the slow cooker
4. Set on high heat and cook for about four hours
5. Serve and enjoy

Nutritional Information:

Calories: 266 kcal, Fats: 8.8 grams, Carbohydrates: 37.8 grams, Protein: 11.2 grams

Tofu Curry

Ingredients:

- 500g tofu (firm; cubed)
- 350g sweet corn
- 450ml coconut milk
- 60g curry paste
- 500ml vegetable stock
- 180g tomato paste (canned)
- 1 yellow pepper (chopped)
- 1 red pepper (chopped)
- 1 sweet onion (chopped)
- 3 garlic cloves (minced)
- 2 ginger (minced)
- 1 tbsp garam masala
- 1 tsp low salt
- Cilantro (for garnishing)

Method:

1.Start by cutting the tofu into ½ inch/1.5cm cubes and add it to a large slow cooker.

2.Next add the chopped onion, peppers; ginger and garlic to the slow cooker as well followed by the corn, vegetable stock, tomato paste, coconut milk and spices.

3.Stir well! Then cover and allow the curry to cook on high heat for approximately 3 to 4 hours.

4.Serve over brown rice or as desired.

Nutritional Information:

Calories: 328 kcal, Fats: 7 grams, Carbohydrates: 53.8 grams, Protein: 12.8 grams

Oatmeal with Cherries

Ingredients:

- 1liter fat-free milk
- 1liter water
- 320g steel-cut oats
- 50g raisins
- 70g dried cherries
- 60g dried apricots, chopped
- 1 teaspoon molasses
- 1 teaspoon cinnamon (or pumpkin pie spice)

Method:

1.In a slow cooker combine all of the ingredients. Turn heat to low.

2.Put the lid on and cook overnight for 8 to 9 hours.

3.Spoon into bowls and serve.

Nutrition Information:

Calories: 240kcal, fat: 2.5 g; carbohydrates: 47 g; protein: 11 g protein

Sauerkraut soup

Ingredients:

- 1 can/250ml of mushroom soup
- 1 can/250ml of chicken soup
- 700ml of water
- 1liter of chicken broth
- 250g of sauerkraut
- 1 onion, diced
- 3 carrots, chopped
- 5 potatoes, peeled and diced
- 1 teaspoon of dill weed
- 1 teaspoon of garlic, minced
- ½ teaspoon of salt
- ½ teaspoon of pepper

Method:

1. Peel and dice the potatoes
2. Cut the carrots and the onions
3. Mince the garlic
4. Combine everything into the slow cooker
5. Put on high heat and cook for four hours
6. Serve and enjoy

Nutritional Information:

Calories: 387 kcal, Fats: 23.4 grams, Carbohydrates: 26.4 grams, Protein: 17.7 grams

Lima Bean Soup

Ingredients:

- 300g of lima beans
- 1 can/200g of butter beans
- 2 potatoes, diced
- 2 stalks of celery, chopped
- 2 onions, chopped
- 3 carrots, sliced
- 60g of butter
- ½ tablespoon of diced marjoram
- 1 teaspoon of salt
- ½ teaspoon of pepper
- 3 cans/750ml of vegetable broth

Method:

1. Dice and cut everything that needs to be cut up
2. Place in the slow cooker with everything else
3. Set on high for four hours
4. Serve and enjoy

Nutritional Information:

Calories: 326 kcal, Fats: 11.4 grams, Carbohydrates: 43.7 grams, Protein: 13 grams

Veggy Minestrone Soup

Ingredients:

- 1500ml of vegetable broth
- 4 tomatoes, diced
- 1 can/200g of kidney beans
- 1 onion, chopped
- 2 stalks of celery, chopped
- 150g of green beans
- 1 zucchini, chopped
- 3 cloves of garlic, minced
- 1 tablespoon of parsley
- 1 ½ teaspoons of oregano
- 1 teaspoon of salt
- ¾ teaspoon of thyme
- ¼ teaspoon of pepper
- 75g of elbow noodles
- 900g of spinach, chopped
- 25g of shredded parmesan cheese

Method:

1. Chop everything up that needs to get cut up
2. Place in the slow cooker with everything but the cheese
3. Put on high for four hours or so
4. Serve and enjoy with the cheese on top

Nutritional Information:

Calories: 138 kcal, Fats: 1.7 grams, Carbohydrates: 25.2 grams, Protein: 6.9 grams

Spicy Thai Soup

Ingredients:

- 1300ml of vegetable broth
- 250ml of white wine(optional)
- 250ml of water
- 1 yellow onion, chopped
- 3 green onions, chopped
- 4 carrots, chopped
- 4 stalks of celery, chopped
- ½ teaspoon of salt
- 1 teaspoon of pepper
- 1 tablespoon of curry powder
- ½ tablespoon of sage
- ½ teaspoon of seasoned salt
- ½ tablespoon of oregano
- 1 teaspoon of cayenne pepper
- 2 tablespoons of vegetable oil
- 1 chili pepper, seeded and chopped
- 1 box/130g of rice noodles

Method:

- 1.Chop everything up that needs to get cut up
- 2.Place in the slow cooker
- 3.Cook on high for around five hours or until everything is tender
- 4.Serve and enjoy

Nutritional Information:

Calories: 131, Fats: 3 grams, Carbohydrates: 14.5 grams,
Protein: 7.9 grams

Lentil and Mushroom Stew

Ingredients:

- 2 quarts/1800ml of vegetable broth
- 150g of mushrooms, sliced
- 30g of shiitake mushrooms, chopped
- 150g of uncooked pearl barley
- 150 of lentils
- 15g of onion flakes
- 2 teaspoons of minced garlic
- 2 teaspoons of pepper
- 3 bay leaves
- 1 teaspoon of basil
- 1 teaspoon of salt

Method:

1. Cut up everything and place in slow cooker
2. Stir well and cook on high heat for four hours
3. Remove bay leaves
4. Serve and enjoy

Nutritional Information:

Calories: 213 kcal, Fats: 1.2 grams, Carbohydrates: 43.9 grams, Protein: 8.4 grams

Pumpkin Goulash

Ingredients:

- 6 diced tomatoes
- 1 tablespoon of brown sugar(optional)
- 2 tablespoons of olive oil
- 1 onion, chopped
- 1 teaspoon of ginger
- 1 teaspoon of cinnamon
- 1 teaspoon of cumin
- 1 tablespoon of coriander
- 1 can/200g of garbanzo beans
- 1,5kg of fresh pumpkin, peeled and cut into small chunks
- 1 teaspoon of salt
- 1 teaspoon of cornstarch
- 50ml of water

Method:

1. Peel and cut the pumpkin up
2. Chop up everything else that needs to get cut up
3. Place it all in the slow cooker
4. Cook on high heat for about four hours
5. Serve and enjoy

Nutritional Information:

Calories: 330 kcal, Fats: 7.9 grams, Carbohydrates: 37.2 grams, Protein: 28.4 grams

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